Curl-Ups

Abdominal curl-ups are an indicator of abdominal muscle group endurance which has been identified as an important predictor in low back injury. This exercise, along with running and push-ups, will be tested many times throughout your career in the Navy.

Safe and Effective Abdominal Curl-Ups: Abdominal curl-ups are an important component of your pre-entry training program. Curl-ups are the best exercise for strengthening the abdominal muscles. Curl-ups must be done with the knees flexed to 90 degrees to eliminate the curve in the low back. The abdominal muscles should be contracted. The head should be lifted off the floor, and the trunk should curl into the sit-up position. Alteration of this technique may cause additional strain to the low back. It is necessary only to do a partial curl-up to provide maximal benefit to the abdominal muscles. A full sit-up may place additional stress on the low back. Your shoulders should come above the ground only 30 degrees. (*diagram 3*).

Curl-Ups During Basic Training and Physical Readiness Testing: During basic training physical regimen and during the Navy's semi-annual Physical Readiness Testing, curl-ups are performed similarly, but your arms are folded across the chest, and your feet are held to the floor by a partner. You will curl-up touching elbows to thighs and will the ades t

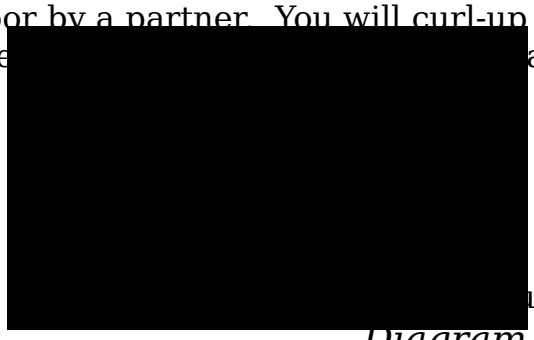

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Diagram 3

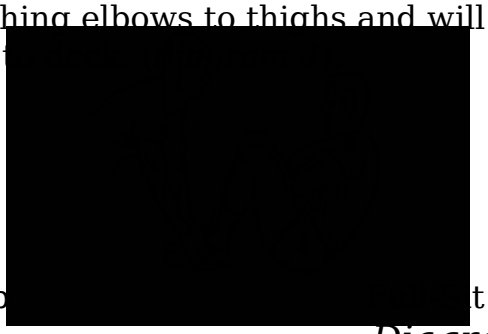

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Diagram 4

To Prepare: If you have not been performing curl-ups prior to this program it is
recommended that you allow yourself a week of gradual increase in intensity. For the first 3 sessions, do 3 sets of sit-ups stopping at the first sign of abdominal fatigue, allowing 2 minutes of rest between each set. After 1 week (3 sessions) of abdominal acclimation, you should do as many curl-ups as you can in two minutes. Rest for two minutes, do another set of as many as you can. Rest again for two minutes and then a third set of as many as you can in two minutes. These 3 sets of maximum effort sit-ups should be done 3 times a week.